

**COMPLIANCE FOWARDS IRON TABLET SUPPLEMENT AMONG PREGNANT WOMEN IN GOVERMENT MATERNAL AND CHILD CLINIC IN KINTA DISTRICT, PERAK DARUL RIDZUAN SEPTEMBER 1998**

**KAJIAN KOMPLIANS TERHADAP PENGAMBILAN SUPPLIMENT PIL ZAT BESI DI KALANGAN IBU-IBU MENGANDUNG DI KLINIK KESIHATAN IBU DAN ANAK KERAJAAN, DI DAERAH KINTA PERAK DARUL RIDZUAN SEPTEMBER 1998**

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**ABSTRACT**

Iron supplementation is being widely practiced in Malaysia in our effort to overcome the problem of iron deficiency anemia especially among pregnant women. Despite such intervention the prevalence of iron deficiency anemia still form a significantly serious problem among our pregnant women. It was postulated that this problem might be attributed to the poor compliance among our pregnant women to the taking of iron supplementation pill as hoped. A cross-sectional study was conducted among the pregnant women attending government ANC clinic in the District of Kinta, Perak D.R. in an effort to study the magnitude of non-compliance to iron supplementation program and to identify the factors involved. The study was conducted from 1 st to 20 Sept. 1998 involving 358 pregnant women attending 6 KKIA in Kinta, Perak D.R. It was found that the prevalence of non-compliance to iron supplementation are 26% with 3.1% not taking at all the iron supplementation given. Educational status was found to be inversely related to the non-compliance problem (  $p < 0.05$  ). Non-compliance is higher among the Malays as compared to the non-Malays, those working compared to the housewives, women given the iron supplementation pill as compared to those buying the pill themselves. Mothers not getting adequate information regarding iron supplementation are at a higher risk to non-compliance compared to those given adequate information, mothers observing food taboo during confinement as compared to those not practicing such practice, and all these relationship are statistically significant (  $p < 0.05$  ). It is hoped that compliance to iron supplementation can be improved through the spread of more information regarding the problems of iron deficiency anemia during pregnancy with emphasis given on more informations regarding the benefits of iron supplementation.

**ABSTRAK**

*Program supplimentasi pil zat besi merupakan intervensi yang meluas dijalankan di-Malaysia bagi mengatasi masalah anemia akibat kekurangan zat besi terutamanya dikalangan ibu-ibu mengandung. Walau pun begitu prevalens anemia masih lagi didapati tingh,rj yang mungkin disebabkan kurang komplians dengan arahan pengambilan pil zat besi sepenuh-nya oleh ibu-ibu tersebut. Satu kajian keratan rentas telah dijalankan didaerah Kinta, Perak Darul Ridzuan bagi mengkaji prevalens tidak komplians terhadap pengambilan pil zat besi dikalangan ibu-ibu mengandung dan faktor-faktor yang mempengaruhinya. Kajian telah dijalankan selama 3 minggu dari 1hb hingga 20 hb. September 1998 dan melibatkan 358 ibu-ibu mengandung yang mendapatkan pemeriksaan ANC di-6 buah KKIA yang telah dipileh..Didal:N:lti prevalens tidak komplians terhadap pengambilan pil zat besi ialah 26% dimana 3.1% dari res}X)nden telah didapati tidak memakan langsung pil zat besi yang telah diberikan. Faktor taraf pendidikan didapati mempengaruhi secara songsang komplians terhadap pengambilan pil zat besj (  $p < 0.05$  ); Prevalens tidak komplians lebih tinggi dikalangan ibu-ibu Melayu berbanding ibu bukan Melayu, ibu-ibu yang berkerja berbanding surirumah tangga ibu-ibu yang diberi pil zat besi secara percuma berbanding ibu-ibu yang membeli sendiri pil zat besi mereka, ibu-ibu yang kurang mendapat penerangan tentang pil zat besi berbanding mereka yang diberi penerangan dan ibu-ibu yang mengamalkan pantang larang pemakanan selepas bersalin berbanding mereka yang tidak mengamalkan pantang larang lepas bersalin dan semua hubungan ini adalah signifikan secara statistik. (  $p < 0.05$  ). Adalah diharapkan komplians terhadap pengambilan pil zat besi dapat dipertingkatkan dengan memberi penumpuan penyebaran yang lebih meluas pengetahuan berkenaan anemia dan penerangan tentang pil zat besi kepada ibu-ibu yang mendapat pemeriksaan ANC di KKIA kerajaan.*